

General Questions for Potential Partners

1. If we were to date, how do you see me fitting into your life?
2. Is there anyone who would be hurt to find out you are talking with/meeting me?
3. What is your preferred method of communication? (i.e. text, phone calls, face-to-face)
4. How frequently would you prefer to have contact? (i.e. daily, when available, weekly)
5. Since there is no “right way” to practice ethical nonmonogamy (ENM)/polyamory, what does ENM look like for you?
6. Will I ever meet your other partner(s)?
7. Are you anticipating a sexual component in this relationship?
8. Do you have any active kinks, fetishes, or BDSM dynamics?
9. Are there kinks, fetishes, or dynamics you would like to explore?
10. When was the last time you were tested for STIs?
11. How do you take care of your sexual health? The sexual health of your partners?
12. What boundaries are in place in your current relationship(s)?
13. What is the best way to reassure you of our connection if we are dating?
14. What are your thoughts on cheating in nonmonogamy?
15. What is the best way to express my appreciation to you?
16. What areas of your life would you like to improve?
17. How important is your mental health?
18. How do you manage/take care of your mental health?
19. Do you have any allergies or major medical issues I should know about?
20. Do you have children? Want to have children?
21. How do you manage your insecurities and jealousy?
22. How successful have you been with ENM/polyam?



Values Questions for Potential Partners
LOVE & BELONGING

1. How would you handle it if one of your partners didn't like me?
2. What are your thoughts on kitchen table polyamory (KTP)?
3. How do you show your partners that you love them?
4. Do you know your Love Language®? Your partner's?
5. What is the most thoughtful thing you have ever done for someone?
6. What is your relationship with your family/extended family like?
7. How often do you talk to your family members?
8. What do you do to help the community?
9. How "out" are you about your relationship style? (i.e. socially, with family, at work, etc.)
10. Would you consider living with more than one partner?
11. What are your thoughts on raising children in a multi-parent home?
12. How integrated into your life would you like your partners to be?
13. Tell me about your support system. (i.e. friends, family, coworkers, etc.; emotional, financial, mental support)
14. Would your other partner(s) welcome contact from me?
15. What are your thoughts on these issues (fill in the blank with causes/values that are important to you -- trans rights, BLM, gun control, women's rights, gender equality, LGBTQ issues, etc.)
16. How many close friends do you have?
17. How often do you spend time with your friends?
18. Do you anticipate including me in your gatherings with friends? Work events? Family events?



Values Questions for Potential Partners
POWER

1. How important is your career to you?
2. Do you enjoy what you do for work?
3. What are your goals and ambitions?
4. How do you support your partner(s) in their career?
5. How do you feel about being in a power position?
6. How decisive would you say you are?
7. Do you consider yourself to have strong or unyielding opinions?
8. What does money mean to you?
9. What legitimate power do you have over your life?
10. How competitive are you? In what areas are you most competitive?
11. How important is your social/professional image?
12. Would you ever consider stepping on someone else if it improved your status in life?
13. Are you satisfied with where you are in your life?
14. Would you consider yourself more dominant or submissive in your daily life?
15. What are the things you are willing to fight for?
16. What are the top priorities in your life?
17. Where do you feel most powerful in your life?
18. What are your thoughts on a partner becoming famous or wealthy?
19. How would you feel if your partner made significantly more money than you?
20. Would you consider being a stay-at-home parent/partner?



Values Questions for Potential Partners
FUN

1. How much time do you have for hobbies and interests?
2. What hobbies and interests are important to you?
3. Are there any hobbies or activities you are interested in exploring? Have you explored them in the past?
4. What are your favorite indoor activities?
5. What are your favorite outdoor activities?
6. How often do you feel you have fun in your daily life?
7. What is your favorite joke? Favorite comedian? Favorite funny movie?
8. What always makes you laugh?
9. Do you have a childlike sense of wonder?
10. What "kid" things still appeal to you?
11. Do you enjoy going to bars? Clubs? Concerts? Festivals? On cruises? (Fill-in-the-blank!)
12. What do you need to have a good time?
13. Ideally, how often would you like to have sex with any one partner? What would be reasonable/feasible?
14. What sexual activities do you think are the most fun?
15. What is the "goofiest" thing about you?
16. What foods/cuisines do you enjoy?
17. What kind of (no occasion) party would you throw?
18. When was your last vacation?
19. What was your favorite vacation?
20. Do you use recreational drugs? What kinds and how often?



Values Questions for Potential Partners
FREEDOM

1. Are you comfortable with infrequent contact? What do you consider infrequent?
2. Do you have any expectations regarding how much time we will spend together?
3. What influence will your partner(s) have on our relationship?
4. Do you have veto power with any partner?
5. Ideally, how involved in my life are you wanting to be?
6. What boundaries are in place with other partners which may impact our relationship?
7. What are your sexual health boundaries?
8. Do you have any expectations of how a relationship with me may progress? (i.e. dating, cohabitation, potentially marriage, having children together, etc.)
9. Would you have any expectations for how I spend my time when I am NOT with you?
10. Would you have any expectations for how I spend my time when I am with you?
11. Do you expect me to meet and/or spend time with your other partner(s)?
12. If you have children, would you ever expect me to take on a co-parenting role?
13. Do you have scheduled time with your other partner(s) or do those relationships allow for spontaneity?
14. How would you anticipate feeling if I went on a week-long vacation? Month-long?
15. How much/What kind of interaction would you like with my other partner(s)?
16. How much would you like to know about my other relationship(s)/partner(s)?
17. Do any of your partners have an expectation regarding how much they will be told about our relationship/me?
18. What does privacy look like in your relationships?