

Creating Authentic Relationships

These are things most people take for granted and they let society define and confine for them. You can start with a blank canvas and create your own definitions.

- How do you define intimacy and closeness?
- What constitutes a relationship for you?
- Are there different types of relationships you had/have/want to have?
- How long should a significant relationship last?
- What is sex? Is it intercourse? Is it more specific: penis-in-vagina or penis-in-ass intercourse? What about manual stimulation and penetration, oral sex, sex toys, BDSM play?
- What kinds of things do you consider intimate: sex, sexual touch, genital contact, doing a BDSM scene with no sexual aspect?
- Must you live nearby to a partner for a relationship to be important?
- How do you define fidelity and loyalty? Are these important components of a relationship for you?
- What constitutes loving, affectionate, sexual, and romantic behavior? Where do things like flirting, kissing, love letters, gift giving, dating, courting, phone calls, emails, and instant messages fit into your definitions?
- What does commitment mean to you? How do you define a committed relationship?
- What are the most important things you need in a relationship?
- How important is it for you to live with a partner?
- Realistically, how much time and energy do you have to give to a relationship?