Relationship Anarchy Smörgåsbord: a tool for discussion

This bord includes a number of concepts antithetical to many understandings of RA. Not all who use this are Relationship Anarchists, and those who are may need to discuss how their relational style differs from cultural norms.

The categories are loose gernalizations to help conversation, and are arranged with those relating to the larger social/political systems toward the outside, and the more personal toward the center.

	and the more personal toward	the center.	
Civil partnership Teac	Suggested Notation Yes, Maybe, Maybe In The & Let's Talk, Definitely Color-coding and highlighting are fun too! Organization	e Future, y No.	Power / Hierarchy Boss - employee Sponsor - Sponsee Teacher - student Mentor/guide
Communication Frequency & Method Daily Weekly Monthly Annually Inconsistently In-Person Phone Text Written Emotional Support Listening Empathy Being asked for advice Confidante Public Displays of Affection Events Friends Family Work Social media Seen together Cultivating Emotional Shared e (going- (state) Chemical rea Body tou	relationship. Remember you agree together on what is	Emotional Intimacy Being vulnerable Love languages Sharing values, beliefs Inips: It any It any It any It alies better the six your It but the six your It likely ment It so if at you bord Creative Visual Art Craft Music Yoga Comedy Acrobatics Dance Theatre Improve Martial Arts Of O Race Al Class Sh Citizensi	
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Originated by Lyrica Lawrence & Heather Orr of Vancouver Polyamory in December 2016 (v1). Updated by Maxx Hill with the guidance of the Relationship Anarchy, Polyamory, and Solo Polyamory Facebook Groups: April (v2, v3) & September 2018 (v4), & January 2019. This is Version 5.