This bord includes a number of concepts antithetical to many understandings of Relationship Anarchy (RA).

Not all who use this are Relationship Anarchists, and those who are RAists may need to discuss how their relational style differs from cultural norms.

Financial

Money Payments
Responsibilities Property
Sharing resources
Mutual aid
Businesses

Power / Hierarchy Boss - employee Sponsor - sponsee Teacher - student

Mentor/guide

Companionship

Playfulness
Shared activity / interests
Intellectual & philosophical
discussions
Friendship

Religious / Spiritual
Shared ritual / prayer
Shared beliefs Discussions
Ceremony Traditions
Magic Divination

Future Plans
Relationship duration
Children Community
Living preferences
Career importance

Suggested Notations:

Yes, Required, Maybe, Maybe In The Future, Let's Talk, Definitely No & Hard Limit. Color-coding and highlighting are fun too!

Relationship Anarchy Smörgåsbord a tool for discussion version 6

Technology

Sharing accounts / licenses Shared tools / consoles Passwords

Communication Methods

Video Phone Text Sexting Written In-person visits Relationship meetings

Communication Frequency

Daily Weekly Monthly Annually Inconsistently Check-ins Emergencies

Domestic

Routines Chores
Sharing a dwelling/home
Sharing a sleeping space
Cooking together
Sharing meals

Power Exchange & Kink

Roleplay Bondage Fetishes Sadomasochism Sensation Dominance & submission Switching

Time Spent Together
Holidays Birthdays
Anniversaries Errands
Parallel play Frequency
Dates Home

Duration

Labels/Terms

Spouses Parent Cousin
Sibling Datemate
Chosen family
Social media official
Terms of affection

Co-Caregivers

Family (sick, elderly) Long-term commitment Animals Plants Children

Caregiving

Health Sponsorship Reliability Emergencies End of life / death Receiving / giving care Disability

To form your relationships: you and another can pick any number of "items" from any number of "platters," take a huge helping or just a scoop.

The dish the two of you hold is your relationship. No sneaking in items (expectations) without the other knowing, or there will likely be conflict or disappointment later.

Also: it's your dish, so if you decide to change what you want from the smörgåsbord later, that's cool.

Romantic

Emotional attraction
Cultivating uniqueness
Unmotivated euphoria
Shared experiences
Intense focus
Crushes

Marginalization,
Privilege, Allyship, & Advocacy
Race Disability Gender
Class Citizenship Sexuality
Size Beauty Religion
Neurodivergence

Professional/Work

Combining social, collaborative, & financial Colleagues Partners Co-operatives

Emotional Support

Listening Empathy Insecurities & reassurances Being asked for advice Confidante

Emotional Intimacy

Being vulnerable Discussing values / beliefs Difficult conversations Love languages

Physical Intimacy
Dance Cuddles
Hugs Pets Massage
Hand-holding Nudity
Kissing Co-sleeping
Body contact

Sexual

Orgasms Frequency
Involving genitals / anus
Touch Voice Text
STI testing & frequency
Safer sex practices

Creative

Visual art Craft Critique Music Yoga Comedy Acrobatics Dance Theatre Improv Martial arts

Legal

Power of attorney
Business partner
Adoption Marriage
Executor of will
Civil partnership

These categories are loose generalizations 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. You can discuss these items (and more) to discover and gauge shared interest.

Exclusivity

Sexual Emotional Social Structural Romantic Specific activities

Collaborative

Working together Teaching Projects Organizations Associations

Things to Discuss

Important boundaries
Mental health & trauma
Hard conversations
Security & privacy
Accountability

Partnership

Shared goals / values
Routine Embracing change
Consistency Commitment
Reliability

Public Displays of Affection

Events Friends Family
Work Social media
Seen together
Outness

Please share widely!

Translations into any language are welcome.

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