MORE THAN TWO

A practical guide to ethical polyamory
Resources companion to the audiobook

FRANKLIN VEAUX
EVE RICKERT

Thorntree Press
ALSO WITH FRANKLIN VEAUX AND EVE RICKERT

The Game Changer: A Memoir of Disruptive Love
by Franklin Veaux
with a foreword by AV Flox
Thorntree Press, 2015

Lessons in Love and Life to My Younger Self: A Companion Guide to The Husband Swap
by Louisa Leontiades with Eve Rickert
illustrated by Tikva Wolf, creator of Kimchi Cuddles
with a foreword by Franklin Veaux
Thorntree Press, 2015

www.morethantwo.com/books
<table>
<thead>
<tr>
<th>STI</th>
<th>Prevalence in the Population (%)</th>
<th>People Unaware They Have It (%)</th>
<th>Is There a Vaccine?</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHLAMYDIA</td>
<td>0.5(^i) (0.3 in Canada)(^2)</td>
<td>NA</td>
<td>No(^3)</td>
</tr>
<tr>
<td>GONORRHEA</td>
<td>0.1(^i) (0.03 in Canada)(^2)</td>
<td>NA</td>
<td>No(^6)</td>
</tr>
<tr>
<td>SYPHILIS</td>
<td>0.005(^i) (U.S. and Canada)(^2)</td>
<td>NA</td>
<td>No(^10)</td>
</tr>
<tr>
<td>HIV</td>
<td>0.6 of adults aged 15 to 49(^12) (0.2 in Canada; half of cases are among men who have sex with men)(^15)</td>
<td>15(^14) (25 in Canada)(^13)</td>
<td>No(^15)</td>
</tr>
<tr>
<td>HSV-1</td>
<td>54–62(^19, 20)</td>
<td>NA</td>
<td>No(^21)</td>
</tr>
<tr>
<td>HSV-2</td>
<td>16–22(^19, 20, 24)</td>
<td>80–94(^25, 26)</td>
<td>No(^21)</td>
</tr>
<tr>
<td>HPV</td>
<td>27 of women aged 14 to 59 (active infection)(^27) (10–33 in Canada)(^2)</td>
<td>NA</td>
<td>Yes(^28)</td>
</tr>
<tr>
<td>HEPATITIS A (acute infections)</td>
<td>0.0004(^13) (0.001 in Canada)(^14)</td>
<td>NA</td>
<td>Yes(^35)</td>
</tr>
<tr>
<td>HEPATITIS B (chronic infections)</td>
<td>0.03(^16) (0.7–0.9 in Canada)(^27)</td>
<td>NA</td>
<td>Yes(^38)</td>
</tr>
<tr>
<td>IS IT CURABLE?</td>
<td>TYPE(S) OF TEST(S)</td>
<td>TESTING WINDOW (TIME FROM INFECTION TO POSITIVE TEST)</td>
<td></td>
</tr>
<tr>
<td>-----------------------------------</td>
<td>--------------------------------------------------------</td>
<td>------------------------------------------------------</td>
<td></td>
</tr>
<tr>
<td>Yes</td>
<td>Swab or urine test</td>
<td>2 to 3 weeks; sometimes up to 6 weeks</td>
<td></td>
</tr>
<tr>
<td>Yes, but antibiotic resistance is developing</td>
<td>Swab or urine test</td>
<td>7 days</td>
<td></td>
</tr>
<tr>
<td>Yes13</td>
<td>Blood test or swab</td>
<td>3 weeks to 3 months</td>
<td></td>
</tr>
<tr>
<td>No, but treatable16</td>
<td>Blood, oral swab (OraQuick rapid antibody test)17</td>
<td>As little as 48 hours; up to 3 months17</td>
<td></td>
</tr>
<tr>
<td></td>
<td>P24 antigen test and quantitative PCR test give earliest results, but may not be available for everyone or in all areas18</td>
<td></td>
<td></td>
</tr>
<tr>
<td>No, but treatable22</td>
<td>Swab or blood22</td>
<td>As soon as sores are present for swab, 12 to 16 weeks for blood22</td>
<td></td>
</tr>
<tr>
<td>No, but treatable22</td>
<td>Swab or blood22</td>
<td>As soon as sores are present for swab, 12 to 16 weeks for blood22</td>
<td></td>
</tr>
<tr>
<td>There is no treatment for the virus itself. However, there are treatments for the health problems that HPV can cause.29</td>
<td>Visual exam (for genital warts)30</td>
<td>Depends on the test30</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pap tests and HPV tests screen for cervical cancer or precancer31</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>In Canada, HPV DNA tests have been approved for use in women, but availability is limited35</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yes15</td>
<td>Blood test15</td>
<td>2 to 7 weeks</td>
<td></td>
</tr>
<tr>
<td>Yes18</td>
<td>Blood test18</td>
<td>4 weeks</td>
<td></td>
</tr>
</tbody>
</table>

All data are for the United States unless otherwise noted. Most data are from 2012, but range from 2008 to 2013. See sources (indicated by superscript numerals) for more details. These are listed after the endnotes, on page 466. NA indicates that data was not available.
You’ll find a more comprehensive glossary of terms related to polyamory and other forms of open relationships at morethantwo.com.

**ANCHOR PARTNER.** A partner with whom you share a close, long-term, committed connection. May be a live-in partner with financial entanglements; relationship may include an expectation of a significant time commitment.

**ASEXUALITY.** A lack of sexual interest in other people, or a lack of interest in sexual activity. A person who is not sexually attracted to others may identify as asexual.

**BISEXUAL.** Used to describe someone who is sexually attracted to or sexually active with partners of both sexes, though not necessarily equally.

**CHEATING.** In a relationship, any activity that violates the rules or agreements of that relationship.

**CISGENDER.** A person who identifies as the same gender that was assigned to them at birth.

**CLOSED GROUP MARRIAGE.** A polyfidelitous relationship in which all the members consider themselves to be married.

**CLOSED RELATIONSHIP.** Any romantic relationship, such as a conventional monogamous relationship or a polyfidelitous relationship, that specifically excludes the possibility of sexual or romantic connections with others.

**COMPERSION.** A feeling of joy experienced when a partner takes pleasure from another romantic or sexual relationship.
CONDOM COMPACT. An agreement within a group to use barriers for sex with people outside the group, but not with others in the group.

COUPLE PRIVILEGE. External social structures or internal assumptions that consciously or unconsciously place a couple at the center of a relationship hierarchy or grant special advantages to a couple.

COWBOY, COWGIRL. A monogamous person who engages in a relationship with a polyamorous partner with the hope or intention of separating the poly partner from any other partners and bringing him or her into a monogamous relationship.

DEMISEXUAL. Used to describe a person who is largely asexual but may develop sexual attraction after a stable emotional connection is established.

DON’T ASK, DON’T TELL. A relationship structure in which a person who is partnered is permitted to have additional sexual or romantic relationships on the condition that his or her partner does not know anything about those additional relationships and does not meet any of those other people.

DYAD. The relationship between any two people, distinct from the connections either person has with anyone else.

EXCLUSIVE RELATIONSHIP. See closed relationship.

FLUID BONDING. 1. Practices that involve the exchange of bodily fluids from the genitals, such as barrier-free sex. 2. A set of boundaries, agreements or rules between two or more people who are engaging in unbarriered sex designed to protect the fluid-bonded status.

FRUBBLE, FRUBBLY (BRITISH). See compersion.

GROUP MARRIAGE. See closed group marriage, polyfidelity.
HETERNORMATIVE. Assumptions and presumed social roles that promote the idea of heterosexual relationships as the norm and that equate biological sex, gender identity and gender roles.

HIERARCHY, HIERARCHICAL RELATIONSHIP. An arrangement in which one relationship is subject to control or rule-making by participants in another relationship. Usually involves veto; may also involve restrictions on activities, commitment, entanglement, time or emotions.

INTIMATE NETWORK. See romantic network.

LIFE PARTNER. A partner, usually a romantic and/or sexual partner, with whom one has the intent of a long-lasting and intertwined committed relationship.

METAMOUR. A partner’s other partner.

MOLECULE. Used to describe a set or subset of polyamorous relationships, such as a triad, vee or quad, or a complete romantic network. See also polycule.

MONOGAMY. The state or practice of having only one sexual partner or romantic relationship at a time.

MONO/POLY. A relationship between someone who self-identifies as polyamorous and someone who self-identifies as monogamous.

NEW RELATIONSHIP ENERGY (NRE). A strong, almost giddy feeling of excitement and infatuation common in the beginning of any new romantic relationship, which usually lasts for a few months but can last as long as several years.

ONE-PENIS POLICY. An arrangement in which a man is allowed to have multiple female partners, each of whom is allowed to have sex with other women but may not have any other male partners.
OPEN MARRIAGE. Any marriage whose structures or arrangements permit one or both of the members involved to have other sexual relationships, romantic relationships, or both. The term *open marriage* is a catchall for marriages that are not emotionally or sexually monogamous, and may include such activities as polyamory or swinging.

OPEN NETWORK. A relationship structure in which the people involved are free to add new partners as they choose.

OPEN RELATIONSHIP. 1. Any relationship that is not sexually monogamous. 2. A relationship that permits “outside” sexual entanglements, but not loving or romantic relationships.

OTHER SIGNIFICANT OTHER (OSO). 1. A partner’s other partner. 2. A person’s partner when that person has more than one partner: *Bob is my husband, and Joe is my other significant other.*

PIVOT. The person “in the middle,” with two or more partners.

POLY. Something that is polyamorous or about polyamory: a poly relationship, a poly person, a poly discussion group.

POLYANDRY. One woman with multiple husbands, the less common type of polygamy.

POLYCULE. A *romantic network*, or a particular subset of relationships within a *romantic network*, whose members are closely connected. Also used to describe a sketch or visualization of a *romantic network*, as these drawings often resemble the depiction of molecules used in organic chemistry.

POLYFAMILY. 1. A set of polyamorous people who live together and identify as part of the same family. 2. A polyamorous group whose members consider one another to be family, regardless of whether or not they share a home.
POLYFIDELITY. A group of people who are romantically or sexually involved with one another, but whose agreements do not permit them to seek additional partners, at least without the approval and consent of everyone in the group.

POLYGAMY. Having multiple wedded spouses at the same time, regardless of the gender of those spouses. Polygyny—one man with multiple wives—is the most common form of polygamy in societies that permit multiple spouses. For that reason, many people confuse the two.

POLYSATURATED. Describes someone who is polyamorous, but not currently open to new relationships or new partners because of the number of existing partners, or because of time constraints that might make new relationships difficult.

PRIMARY/SECONDARY. A hierarchical relationship structure in which the partners who are higher in the hierarchy are referred to as “primary” and other partners are referred to as “secondary.” Sometimes used to describe a non-hierarchical relationship structure in partners are not equal to one another in terms of interconnection, emotional intensity or entwinement in practical or financial matters. (We discourage the latter use, which is becoming less common among poly people.)

QUAD. A polyamorous arrangement involving four people, each of whom may or may not be sexually or emotionally involved with all the other members. This arrangement often begins with two couples. Quads may also be part of a larger romantic network.

RELATIONSHIP ANARCHY (RA). A philosophy or practice in which people are seen as free to engage in any relationships they choose, spontaneity and freedom are valued, no relationship is entered into or restricted from a sense of duty or obligation, and any relationship choice is considered allowable. Relationship anarchists often do not make a clear distinction between “partner” and “non-partner.”
RELATIONSHIP ESCALATOR. The default set of social assumptions concerning the “normal” course of a relationship, usually proceeding from dating to moving in together to getting married and having children.

ROMANTIC NETWORK. The sum total of a person’s partners, those partners’ partners, and so on. Usually used to describe an open network. Usually includes smaller molecules such as vees, triads or quads.

SECONDARY. See primary/secondary.

SWINGING. The practice of having multiple sexual partners outside of an existing romantic relationship, most often engaged in by couples as an organized activity, and with the understanding that the focus of those relationships is primarily sexual rather than romantic or emotionally intimate.

TRIAD. A polyamorous arrangement in which three people are involved with one another. Occasionally applied to vees. Triads may also be part of a larger romantic network.

TRIGGER. A specific thought, action, sight or event that sets off an emotion that is usually linked to past traumatic events and may not actually be related to the current, triggering situation.

UNICORN. A hypothetical woman who is willing to be involved with both members of an existing couple, to have no relationships other than with the members of the couple, to not be sexually involved with one member of the couple unless the other member of the couple is also there, and usually to move in with the couple.

VEE. A polyamorous arrangement involving three people, in which one person is romantically or sexually involved with two partners who are not romantically or sexually involved with each other. Vees may also be part of a larger romantic network.
VETO. A relationship agreement, most common in prescriptive primary/secondary relationships, which gives one person the power to end another person’s additional relationships, or in some cases to disallow some specific activity.

WIBBLE, WIBBLY (BRITISH). A feeling of insecurity, typically temporary or fleeting, when seeing a partner being affectionate with someone else. Sometimes used to describe minor pangs of jealousy.
NOTES

2 THE MANY FORMS OF LOVE


9 BOUNDARIES


10 RULES AND AGREEMENTS


12 VETO ARRANGEMENTS


14 PRACTICAL POLY AGREEMENTS


236 I will limit you Zanin, “Problem with Polynormativity.”

15 HOW POLY RELATIONSHIPS ARE DIFFERENT


**Guilt management**  Ibid., 137.

**IN THE MIDDLE**


**Monkeys and cucumbers**  Frans de Waal (Director), *Moral Behavior in Animals* (TEDxPeachtree, Atlanta, GA, November 2011), video, http://www.ted.com/talks/frans_de_waal_do_animals_have_morals.

**OPENING FROM A COUPLE**


**MONO/POLY RELATIONSHIPS**


**SEX AND LAUNDRY**

**Survey**  Kinsey Institute, “Frequency of Sex,” see note for pages 27–28.

*Sources for chapter 20 begin on the next page.*

**POLY PUZZLES**


**RELATIONSHIP TRANSITIONS**


**FINDING PARTNERS**

**“Fuck yes” or no**  Mark Manson, “‘Fuck Yes’ or No,” *Mark Manson* [blog] (July 8, 2013), http://markmanson.net/fuck-yes.
SEXUAL HEALTH

All online sources in this list and the chart sources, unless otherwise indicated, were accessed March 2014.


355 **Have herpes themselves** L. Newson, “Clinical: The Basics—Herpes Infections,” *GP*, 34 (June 19, 2009), http://go.galegroup.com/ps/i.do?id=GALE%7CA202043631&v=2.1&u=ubcol umbia&it=r&p=HRCA&sw=w&asid=7083d653cc68e0be1722e49d0f622fa; R. Gupta, T. Warren, and A. Wald, “Genital Herpes,” *Lancet* 307 (2007): 2127–37; “An estimated 13.6% of Canadians (2.9 million) tested positive for HSV-2”; “Among those who tested positive for HSV-2, 6% reported having been diagnosed
with the infection; 94% were unaware that they were infected.” M. Rotermann et al., “Prevalence of Chlamydia Trachomatis and Herpes Simplex Virus Type 2: Results from the 2009 to 2011 Canadian Health Measures Survey,” Health Reports 24, no. 4 (April 2013): 13, 12. http://www.statcan.gc.ca/pub/82-003-x/2013004/article/11777-eng.pdf.


355–56 Possible consequences The United States has more than 10 million car crashes each year, killing more than 30,000 people. Your lifetime odds of dying in a car crash in the United States are 1 in 108. If HSV and HPV are included, most people will encounter an STI in their lifetime, but very few of those will suffer serious, let alone fatal, consequences. For example, although about 80 percent of unvaccinated people will have an HPV infection in their lifetimes, only 1 in 435 women will die of cervical cancer—and other avoidable risk factors, such as smoking and failing to have Pap tests, also affect that number. Car crash statistics: National Safety Council, “Lifetime Odds of Death for Selected Causes, United States, 2009a,” Injury Facts (2013), http://www.nsc.org/news_resources/injury_and_death_statistics/Documents/Injury_Facts_43.pdf.; Deaths from cervical cancer: American Cancer Society, Cancer.org, “Lifetime Risk of Developing or Dying from Cancer,” http://www.cancer.org/cancer/cancerbasics/lifetime-probability-of-developing-or-dying-from-cancer (last updated September 5, 2013).


Sources for the chart on pages 358-59 are listed at the end of this section.
SOURCES FOR CHART, COMMON SEXUALLY TRANSMITTED INFECTIONS (STIs)

20 Xu et al., “Trends in Herpes Simplex Virus,” see note for page 363.
26 Rotermann et al., “Prevalence of Chlamydia Trachomatis and Herpes Simplex Virus Type 2,” 10–15, see note for page 355.


There’s a lot out there on polyamory, as well as the skills—such as communication and cultivating healthy self-esteem—that are useful in creating happy poly relationships. With the list below, we’ve tried to present a few of the standouts in each category.

**RELATIONSHIPS**


**SELF**

*The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are*, Brené Brown (Hazelden, 2010). A small but life-changing, evidence-based book on confronting insecurity, believing in our own worthi-


**COMMUNICATION AND CONFLICT**


**SEX**

The best, most current information on STI prevention and testing can be found at the websites of the U.S. Centers for Disease Control and Prevention (cdc.gov) and Planned Parenthood (plannedparenthood.org).

A Tired Woman’s Guide to Passionate Sex: Reclaim Your Desire and Reignite Your Relationship, Laurie B. Mintz (Adams Media, 2009). A book aimed at heterosexual women with the goal of rekindling desire in long-term relationships, with success that has been supported by peer-reviewed research.

POLYAMORY


BLOGS AND WEBSITES
More Than Two, morethantwo.com. Franklin’s own website, maintained since 1997, with a wealth of information on managing poly relationships. He and Eve also maintain a blog at morethantwo.com/blog.

Solopoly, solopoly.net. An excellent blog from a solo poly perspective, covering everything from the politics to the practicalities of solo polyamory.

The Polyamorous Misanthrope, polyamorousmisanthrope.com. A long-running blog that’s a gold mine of supremely practical poly advice, all written with a
good dose of humor.

The Radical Poly Agenda, radicalpoly.wordpress.com. A blog that takes on the political and ideological implications of polyamory from a feminist, anarchic perspective.

Sex Geek, sexgeek.wordpress.com. Andrea Zanin’s blog on polyamory, sex positivity, kink, and all things sexy and geeky. Pragmatic poly advice that goes beyond the couple-focused, heterosexual, monogamy-plus model.

Polyamory in the News, polyinthemeedia.blogspot.ca. A site that reviews global media coverage of polyamory and also contains comprehensive lists of worldwide poly events, poly groups and poly books.

Polyamory Weekly, polyweekly.com. A weekly, down-to-Earth podcast by Cunning Minx, covering poly issues with a good dose of compassion and humor.

MEMOIR

Open: Love, Sex and Life in an Open Marriage, Jenny Block (Seal Press, 2009). A personal memoir of suburban polyamory that narrates Block’s exploration beyond her monogamous relationship.


The Game Changer: A Memoir of Disruptive Love, Franklin Veaux (Thorntree Press, 2015). Franklin’s memoir, with the complete stories of his relationships with Celeste, Ruby, Bella and Amber, and how his hierarchical mindset shifted to one that honoured his partners’ agency.